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FREE CIRCULATION

8 PAGES

15-08-2026 - 21-08-2026

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Voice of GOD



Naganathar Temple, Pamani

This is the 221st Thevaram Paadal Petra Shiva Sthalam on the south side of the river Kaveri and the 104th sthalam in Chozha Nadu. This place was called Padhalecharam during Thirugnanasambandar's period, and the same was called "Pampani" during the Sundarar period and has been corrupted to the present name of "Pamani". Pamani is about 3 Km from Mannargudi City.

In Periyapuram, Sekkizhar records that after visiting Pandya Nadu, temples came to this Pathaleecharam. After worshipping Lord Shiva of Kollamputhur, Nallaru, Thelicheri, Iyyaru, and Kazhumalam (Sirkazhi) went to Nadu nadu. But, in actual Pathaleecharam after Thirukalar.

Moolavar : Sri Sarpapureswarar, Sri Naganatha Swamy, Consort : Sri Amirtha Nayagi.

Some of the Salient features of this temple are.... The temple faces east with an entrance Arch. Stucco images of Shiva's family are on the arch.

Dwajasthambam, balipeedam, and Rishabam are in front of the sanctum sanctorum. A Single-level Rajagopuram is at the entrance of the Sanctum Sanctorum. Moolavar is of Swayambhu, an ant hill/putru, and has three parts. On the left side is the Dhanajaya Munivar. In koshtam Narthana Ganapathy, Dakshinamurthy is Guru Bhagavan, Lingothbavar is Annamalaiyar, Brahma, and Durgai.

In the inner praharam, Suriyan, Sthala Vinayagar, Subramaniam, Gajalakshmi, Durvasa, Sastha, Kalabhairava, Shaneshwara, Navagrahas, Nalvar, and Chandran. Natarajar is in the mandapa.

In the outer praharam Ganapathy, Nagaraja, Mummoorthy, Kalingeswara, Subramaniam, Panchalingeshwara, Durgai, Lakshmi, Gnana Saraswathy, Kala Bhairava, A bas relief of Guru Bhagavan in sitting posture on a Lion is on a mandapam Pillar. Simha Dakshinamurthy.

HISTORY AND INSCRIPTIONS

Since Thirugnanasambandar has sung hymns in praise of Lord Shiva of this temple, the original temple might have existed before the 7th Century, and the same was reconstructed as a stone temple during the Chozha period. Further extended and maintained by Nayakas and Nattukottai Nagarathars.

As per Rajaraja Chozha-I, a period Tamil inscription, this place was called "Suddhamalli Valanattu Pampani Kootrathu Pamani". Lord Shiva was called Thirupathaleecharam Udayar.

An inscription records the endowment of land gifted to this temple by Selvathiruvarur Vageesaperuman Vadakeelmatta Mudaliar Pillai, which includes Alalasundarar Thirumadam.

In addition to that, an inscription records the burning of a perpetual lamp and annadhanam to the Devotees, for the same gift of gold and Goat/sheep, given to "Sribhoothi Vinnagar Alwar".

The temple is being maintained by the Nattukottai Chettiers. Sri Lakshmanan Chettiar and his wife's bas-relief are in the front mandapam.

LEGENDS

This place was called Pampani, Sarpapuram during ancient times. As per the legend, Adhishesan came out of Pathalam as Dhanajaya Munivar and worshiped Lord Shiva of this temple. Hence, this place is praised as "Pathaleecharam". Hence, this temple is considered a Sarpa dosha parihara sthalam. Since Dhananjayan worshiped Lord Shiva on the first day of Aippasi, on that day, naivedyam will consist of Vegetables, Kuzhampu, rice, and vada payasam will be offered.

Your Stars This Year

Aries : Your mind may be ready for action while your body asks for a little more rest, but one bold decision can quickly change the pace. Family warmth grows early in the week, and old worries begin to fade. Support from your parents, and useful discussions about a vehicle, property, or household comforts.

Taurus: Health may feel slightly delicate, and one sharp exchange with your spouse could affect the entire evening. If you can't speak gently, it's better to wait. Postpone a vehicle purchase or any new investment made in excitement. Responsibilities may feel heavy, support from a younger sibling, colleague, or junior helps lighten.

Gemini: Your words carry weight, and business natives may receive orders, enquiries, or income from multiple sources. Family conversations also improve, even if your confidence doesn't fully match the praise you're receiving. Check every detail before signing.

Cancer: Expenses may rise quickly, family tempers could become strained, and a younger sibling might test your patience. Keep your wallet closed unless a purchase is truly necessary. This is also not the right time for a new investment or an emotional argument at home. The atmosphere begins to improve.

Leo: With a steady flow of income, helping you manage expenses comfortably. A cancelled journey may quietly save you unnecessary time and effort, while property-related commitments are better postponed for now. May bring lower confidence, rising expenses, and some irritation caused by a younger family member.

Virgo: Work pressure eases, influential contacts become supportive, and your efforts receive well-deserved recognition. There may be relief regarding your father or an elder male figure, while your mother's health may need a little extra attention. Support from an elder sibling, and progress towards a long-held wish. Feels warm, and married natives may benefit from practical.

Libra: Begins with luck, steady gains, and the possibility of income from a second source. Even so, your mind may remain restless, and a small disagreement with your spouse could grow if pride gets in the way. Say what you need to say, but choose your words carefully. Midweek brings smoother work conditions.

Scorpio: Asks you to slow down while travelling, working, or handling tools and machinery. An upsetting message or unnecessary argument may affect your mood, so avoid reacting impulsively. It's also wise to postpone fresh investments and speak gently with your spouse. Tuesday brings a welcome improvement.

Sagittarius: Support from your spouse or partner. Practical financial planning becomes easier when you work together. Avoid spending on unnecessary luxuries, and pay attention to your diet from the very beginning of the week. May bring delayed payments, old dues, or a pending reimbursement.

Capricorn: Begins with a productive rhythm. Work, studies, paperwork, and family responsibilities move smoothly, while a gathering or social occasion brings warmth and happiness. Business travel may support growth, and athletes or students preparing for competitions.

Aquarius : With renewed energy and better organisation. Start falling into place, while good news from children, younger relatives, or someone you mentor lifts your spirits. Family gatherings and small celebrations bring happiness. Employees, performers, and sports persons can make a strong impression.

Pisces: With a sense of relief as worries slowly begin to fade. Family support, especially from your parents brings comfort, while a vehicle purchase, repair, or transport-related plan may move forward. Early financial planning also helps strengthen your savings. Love and confidence grow stronger. Singles may attract attention through work, studies, or mutual friends.

PREDICTION FOR THIS WEEK
15.08.2026 TO 21.08.2026

Let's celebrate the true freedom on this Independence Day

The British rule ended in Bharat on 15th August, 1947. We celebrate Independence Day in its remembrance. But is the Independence Day that we celebrate with such joy and enthusiasm, the real Independence Day? Today, we have attained freedom from the British rule but some people of Bharat itself have tied it in new kinds of shackles. These are the shackles of vices, corruption, racial discrimination, mutual hostility and misconduct. So, are we free from the slavery of these five vices? Svatantrata means the rule of self. If it is constant in the feeling of the self, it is the true freedom; or else, it is slavery.

Is Bharat a piece of land or a living entity????

Is this Bharat, which we refer to repeatedly, just a piece of physical inert land? In its reply, Honourable Shri Atal Bihari Vajpayee Ji had said: 'Bharat is not a piece of land, it is a living nation like man.' "My Bharat is great. So, is a land great or is a person great? If a person does a great work, the name of the country will be glorified. This is why something living is especially glorified. So, Bharat is a living entity as well. So, God Shiva has incarnated in this land of Bharat and upon entering the body of Shankar i.e. living Bharat He is carrying out the task of establishing one language, one kingdom and the dominance of one flag in the entire world secretly since 1936. God is explaining the secrets of the soul and the Supreme Soul through the knowledge of the Gita to tie the entire world in one thread. A solution to the problems of every human being can be found with these secrets. When Bharat, which was called the 'Golden Bird', is re-established, it will be called the true Independence Day. Just like the Father of our nation is said to have made a huge contribution in the freedom struggle of Bharat, similarly, the Father of the world lays the foundation of spiritual knowledge to give true

freedom to each and every soul.

The significance of our tricolour flag: We sing very happily: 'Let our flag always fly high, our beloved tri-colour which conquers the world. It isn't about the physical flag made of cloth but there are three clothes like bodies who become special supporters in God Shiva's task of world transformation. The three colours of the flag symbolize the work of three souls. These very three personalities are known as the Coat of Arms of the living Bharat. The first colour is the saffron colour. This colour symbolizes Shankar's work, who brought revolution in the whole world through the spiritual knowledge. The second colour is the white colour, which symbolizes Vishnu's purity. Every task is possible through purity. The third colour is the green colour which symbolizes Brahma's work. God gives that knowledge through Brahma by which the foundation of a golden world like heaven is laid. Every soul will be independent in that world. There will be no trace of slavery. It is a glory of that very time: 'Where a golden bird perches on every branch that country is my Bharat'. We celebrate the physical Independence Day just for one day now but upon the completion of the task of the father of the world, who has come to give us true freedom, we will truly celebrate the long life Independence Day for 2500 years. The author is solely responsible for this article. The publisher or editor are not responsible.

For further details contact : 9445520108, 9891370007.

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A large Peepal tree fell down in Thimithi Mariamman Temple



Four people were injured when a peepal tree fell down in Nesapakkam, Thimithi Mariamman Temple. This temple is famous for Thimithi every year in Aadi. Across all over Chennai people attend the function here. One of the devotee residing in Vanniyar Street said that this temple is here for more than Hundred years. Every year Aadi function celebrated here in big manner but this year unfortunately to groups fought over for administration and ended up in court that why this year we are not able to conduct aadi function. I think ammas curse caused the uprooting of peepal tree inside the temple. It has not happened any year except this year.

According to the sources Peepal tree suddenly fell down by its roots on Tuesday afternoon in the Thimithi Mariamman Temple complex on Mariamman Temple Street, Nesapakkam.

Those sitting there were trapped under the tree. The locals rescued them and admitted them to a private hospital.

They were identified as Saravanan, 45, a real estate worker from Nesappakkam D.K.Pani Street, Mariyappan, 50, a car driver from Bharathiyar Street, Mani, 34, a tiffin shop employee from K.K. Nagar East Vanniyar Street, and Govindaraj, 64, from Erikkarai. The seriously injured are receiving intensive treatment.



Trees bent over in the early morning rain

One avenue old tree branch have cut down and disturbing the pedestrian and motorists in 55th street, Ashok Nagar on Monday night and early morning rains in Chennai and suburbs were hit by heavy rains, accompanied by wind and thunder. Few trees and branches have cut down. This caused traffic congestion for few hours. People were not affected as much.

Three youths arrested for bike stunts

The Greater Chennai Traffic Police (GCTP) arrested three youths and seized two-wheelers for performing dangerous and high-speed stunts on Jawaharlal Nehru Salai at Vadapalani.

On August 7, public noticed around 5 people on two-wheelers driving dangerously and performing stunts on the Vadapalani stretch of 100 Feet Road.

Based on complaints, the Pondy Bazaar Traffic Investigation Wing (TIW) police registered a case and examined CCTV footage from the spot. Based on the

footage, police arrested Sasi Kumar (20) of Arumbakkam, K Kathirvel (19) of Choolaimedu and R Kathirvel (19) of Villupuram. Two bikes used in the stunt – a Yamaha R15 and a Honda Dio – were seized.

Police said the trio work in private companies. After investigation, they were produced before a magistrate and remanded to judicial custody. Police are searching for other accused involved. The GCTP has warned that those who drive recklessly and endanger public safety will face strict legal action.

Verify elder's Urimai Thogai application in person

The Tamil Nadu Information Commission has directed officials of the Greater Chennai Corporation to visit the residence of a 79-year-old man and conduct an inquiry into the rejection of his wife's application for the Urimai Thogai scheme.

The direction was issued by State Information Commissioner Atulya Misra on July 29 while disposing of a petition filed by Vidhya Sankar of T Nagar, who had sought information under the RTI Act on the reasons for rejection of his wife's application for the monthly assistance.

During the hearing, a GCC representative informed the commission that replies to the RTI queries had already been furnished. The applicant, however, submitted his objections. According to GCC, the woman's application had been rejected on the ground that the annual family income exceeded '2.5 lakh, one of the eligibility criteria.

Corporation officials informed the panel that applications for the scheme are largely submitted online and that physical records are therefore not maintained in some cases. It, however, noted that the senior citizen couple could have faced difficulties or made errors while applying online for the scheme. The commission directed the GCC's public information officer to arrange for the appropriate officials to visit the applicant's

residence, verify the documents relating to application and submit the report of the action taken into the matter on or before August 31.

Free Wi-Fi at beaches soon

Visitors to Chennai's popular beaches may soon have access to free public Wi-Fi, with the Greater Chennai Corporation (GCC) planning to install 107 new Wi-Fi smart poles at Marina Beach, Besant Nagar, Tiruvanmiyur and Tiruvottiyur.

The new service is expected to become operational in September, with users eligible for 45 minutes of free internet access per day.

107 wi-fi smart poles to be installed

Under the plan, 75 Wi-Fi poles will be installed at Marina Beach, 20 at Besant Nagar and 10 at Tiruvanmiyur through Airtel. Hathway will conduct a survey in Tiruvottiyur for the installation of seven additional poles.

The project will be supported through Corporate Social Responsibility (CSR) initiatives by telecom and internet service providers.

Existing wi-fi service to be improved

The GCC had earlier introduced public Wi-Fi smart poles at several locations in Chennai. However, users have reported connectivity issues with some existing networks.

To improve public internet access, the Corporation also plans to upgrade around 2,600 existing smart poles across 900 locations, including parks, hospitals and government offices.

Service providers have been asked to repair damaged infrastructure and improve the reliability of the public Wi-Fi network.

Free wi-fi to benefit beach visitors

The proposed free Wi-Fi at Chennai beaches is expected to help visitors access online services, make calls, use digital payments, book cabs and stay connected with family members.

The initiative is part of the GCC's efforts to improve digital connectivity and public infrastructure across Chennai.



Stores selling flags and badges on the occasion of 80th Independence Day on August 15th.



File photo

Corpn plans new parks at 15 locations

The Greater Chennai Corporation is taking steps to establish new parks at 15 locations across the city, with sites being identified and selected for the proposed facilities.

Chennai currently has 993 parks, providing residents with recreational and open spaces across various parts of the city. The Corporation is now planning to add more parks, particularly in areas that were incorporated into the city limits in recent years.

15 new park locations identified

According to Corporation officials, the proposal to establish parks at 15 locations in Chennai follows an announcement in the State government's financial statement regarding the development of new parks in the city.

Officials are currently identifying suitable locations for the proposed parks. The focus is on newly added areas of the Chennai Corporation where residents require better

access to public recreational spaces.

Government land being identified

Each proposed park is expected to have a minimum area of 50 cents. As a result, government-owned land is being identified in the concerned areas.

Officials have reportedly identified four suitable locations so far, while the process of selecting sites for the remaining parks is continuing.

Chennai corporation park maintenance

Chennai Corporation has 993 parks under its administration. Park maintenance was previously entrusted to private agencies. Following complaints regarding irregularities in wage payments to workers, the Corporation has been directly providing wages to park contract workers.

The move is aimed at ensuring better management and administration of public parks across the city.

devotees must be provided a receipt through the Integrated Temple Management System (ITMS).

Free multidisciplinary support

On August 22nd, Saturday, between 4 pm and 6 pm, Arunai Neuro Foundation, Saligramam is hosting seniors above age 60 years for their free multidisciplinary support group at G. O. A. T. Arena, opp Madha school, Sri Lakshmi Nagar, Valasaravakkam. People with Parkinson's Disease, Stroke and other Movement Disorders are welcome. Free Digital EMG Biofeedback rehabilitation therapy, useful for any muscle disorders, stroke, facial palsy, chronic low back pain etc. for the community will also be launched during this meeting. You can also answer their brain health risk survey on <https://forms.gle/aHHXJLUkfubm9VRU6> to know your brain health risk and what you can do to minimize it. Their free multidisciplinary support group for Parkinson's Disease is held on every 1st and 3rd Saturdays 4 pm to 5 pm at Arunai Neuro Foundation, 3/1, MG Chakrapani Street, Sathya Garden, Saligramam. Prior registration required: +919840041737.

Police launches new 'anti-corruption special cell'



Greater Chennai Police (GCP) has launched a new 'Anti-Corruption Special Cell' to ensure transparency and prevent bribery within the department.

In a statement, GCP Commissioner A Amalraj said that while the majority of police personnel, from

constables to senior officers, perform their duties honestly and without taking bribes, the actions of a few individuals bring disrepute to the entire department. To prevent such incidents and strengthen public trust, the new special unit has been formed.

Through this cell, members of the public can directly report if any police personnel demand a bribe to perform their official duties.

Citizens can contact the Anti-Corruption Special Cell at 78717-23000. Complaints can be made either through a direct call or via WhatsApp. The identity of the complainant will be kept strictly confidential, police said.

"All information received will be thoroughly investigated and immediate action will be taken against those found guilty," GCP stated.

The Commissioner has also appealed to the public not to offer bribes to police personnel for any service. He said that police work is meant to serve the public and should be done without any monetary exchange, press release said.

Zone-wise helpline numbers regarding the census

Zone-wise helpline numbers have been issued to assist the public regarding the housing census in Chennai.

In Chennai, a door-to-door census is underway. To complete this successfully, the public needs to provide full cooperation. Zone-wise helplines have been issued to assist them.

Additionally, people can also contact the corporation's 24-hour helpline number '1913'. Corporation Commissioner Sameeran said that if they have any doubts or complaints regarding the census, they can contact the regional officers.

Kodambakkam No : 94451 90210, Valasaravakkam No. 94451 90211.



Mobile phones to be banned inside major temples

Devotees visiting major temples across Tamil Nadu will not be allowed to carry mobile phones inside temple premises from September 1, following fresh directions from the Hindu Religious and Charitable Endowments (HR&CE) Department.

The department has also instructed temples to strictly prevent photography, video recording, selfies, reels and other social media content inside temple premises. Permission should not be granted for taking photographs or videos of VIPs, public figures or film personalities inside temples.

Mobile phone deposit facility at temple entrances To help devotees comply with the new rule, temple authorities have been directed to establish secure mobile phone storage facilities at temple entrances. A uniform fee of ₹5 per mobile phone may be collected, and

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RAINBOW COLOURS : A street vendor seen selling rain coats at P T Rajan Salai, K K Nagar. The rain coat costs Rs.100 and he also sells belt and other leather items.

event. Following the ceremony, the honour was formally presented to Managing Director A.M. Siddique in Chennai.

The award underscores Chennai Metro Rail's commitment to aligning infrastructure growth with sustainability goals, positioning it as a key contributor to environmentally responsible urban transport systems.

Senior officials and representatives of CMRL participated in the award ceremony and subsequent presentation, marking a significant milestone for the organisation on the global stage, press release said.

LPG customers asked to complete Aadhaar e-KYC by Aug

LPG customers have been advised to complete their Aadhaar-based e-KYC by August to avoid difficulties in booking fresh cylinders.

The requirement applies to customers of Indian Oil, Bharat Petroleum and Hindustan Petroleum, including beneficiaries of the Pradhan Mantri Ujjwala Yojana.

Customers can complete the process through their respective official apps — IndianOil ONE, HP Pay or Hello BPCL — using their registered mobile and consumer numbers. They can select the e-KYC update option, enter their Aadhaar details and complete biometric verification through the AadhaarFaceRD app. Those who have already completed e-KYC need not repeat the process.

Customers unable to complete the verification online can approach their LPG distributor or gas agency for assistance.



GCC says property tax has not been increased

The Greater Chennai Corporation (GCC) on Wednesday clarified that there has been no increase in property tax and said revised demand notices were issued only to property owners and commercial establishments whose properties were found to have been under-assessed or wrongly assessed.

According to GCC Commissioner Dr G S Sameeran, discrepancies in the area of properties were identified using GIS and satellite data, other government databases and self-declarations submitted by property owners.

The civic body said property owners who have objections to the revised assessment can file an appeal with the concerned Regional Deputy Commissioner within 15 days of receiving the notice. The appeals will be disposed of within 30 days.

The GCC urged residents not to believe reports claiming that property tax had been increased across the corporation.

From ironing clothes to building Independence



opportunity for skill development, livelihood and dignity for special students.

With students ranging from 6 months to 45 years, Arvind Foundation works towards enabling every individual to become as independent and self-reliant as possible. As part of its vocational training initiatives, selected students are being trained to undertake ironing work, helping them develop concentration, hand coordination, responsibility, work discipline and confidence.

The ironing service starts from just ₹10. More importantly, the income generated through this activity is given to the participating students as a monthly stipend. This enables them to experience the pride of earning through their own skills and efforts.

For these students, ironing is not merely a task. It is a step towards independence.

Arvind Foundation appeals to members of the public to support this initiative by giving their clothes for ironing. A small decision to use this service can make a meaningful difference in the life of a special student.

₹10 may seem small, but for our students, every opportunity to work, earn and contribute is a step towards a more confident and dignified future. Support their skills. Support their livelihood. Support their journey towards independence. For ironing services / admission: 98842 70697 | 98416 15333. Address: 903, 66th St, Sector 11, K. K. Nagar.

Arvind Foundation (a charitable organisation for students with special needs), even a simple household task like ironing is being transformed into an

Chennai metro rail wins commonwealth award

Chennai Metro Rail Limited (CMRL) has been honoured with the Commonwealth Environment and Corporate Social Responsibility Award 2026, recognising its efforts in environmental protection and sustainable urban development.

The award was presented at a ceremony held in Glasgow, United Kingdom, highlighting CMRL's initiatives in promoting sustainability and integrating eco-friendly practices into its metro rail projects.



CMRL Project Director T. Archunan received the award on behalf of the organisation at the international



BREAKDOWN BOX : This internet cable box a hindrance to pedestrians and motorists at SM Blocks Sathyamurthy Street, Jafferkanpet. Will concern officials remove for the safety of public.

Indian Railways' new PRS system

Indian Railways upgrades Passenger Reservation System: Now 1.5 lakh ticket bookings can be made per minute.

It has replaced the old Passenger Reservation System (PRS) system used since 2010 and introduced a new cloud-based PRS system in a phased manner from August 2026.

1.5 lakh ticket booking capacity

The new system has the capacity to handle 1.5 lakh ticket bookings and 40 lakh passenger queries in a minute.

The current system could only handle 32,000 ticket bookings. This development has been made to address the difficulties faced during Tatkal booking.



International youth day celebrated

As part of International Youth Day on 12 August 2026, the Centre for Environmental Studies and the UG Department of English, Women's Christian College, Chennai hosted the eco-drive "Bag to the Future."

Nearly 200 students participated, collecting cloth and jute bags from the college community and donating them to non-teaching staff and local residents. The initiative promoted a plastic-free environment and reinforced the values of reuse, recycle, and reduce.

With spirited slogans and heartfelt gratitude from recipients, the campaign marked its third consecutive year, echoing both State and Central Government environmental policies. More than a donation drive, it

The Hidden Danger in the "Pill Pile"

When medicines meant to heal begin a dangerous chain reaction

Living longer is one of modern medicine's greatest achievements. But for many older adults, every added year can also bring another prescription - a tablet for blood pressure, another for diabetes, one for pain, and perhaps a few more to manage sleep, digestion or other health concerns.

Slowly, almost unnoticed, the medicine cabinet begins to fill.

Taking five or more prescription medicines is known as polypharmacy. When the number exceeds ten, it is called hyperpoly pharmacy. Although every medicine may have been prescribed with the best of intentions, managing so many tablets becomes increasingly complicated and potentially dangerous - as the body ages.

With advancing age, the body's ability to process medicines naturally slows down. The liver and kidneys may no longer break down and eliminate chemicals as efficiently as they once did. As a result, medicines can remain in the body for longer and gradually accumulate. A dose that was originally intended to heal may then begin to cause harm.

One of the most concerning consequences is a medical phenomenon known as a prescription cascade. It occurs when the side effect of one medicine is mistaken for an entirely new health condition, leading to the prescription of yet another drug.

Consider an older person taking medication for high blood pressure. The medicine may cause swelling in the ankles. Instead of recognising the swelling as a possible side effect and reviewing the original prescription, it may be treated as a separate problem with a "water pill".

The new tablet may then cause sudden dizziness. The dizziness could result in a serious fall or trigger unexpected confusion.

What began as one manageable side effect can quickly become a frightening chain reaction—one tablet leading

to another, and each new medicine bringing the possibility of further complications.

For an older person and their family, the consequences can be deeply distressing. A person who was once independent may begin to lose confidence in walking. Someone who was mentally alert may suddenly appear confused. Everyday activities may become difficult, not necessarily because of a new illness, but because of the combined effects of multiple medicines.

Breaking this cycle begins with a simple but important realisation: when it comes to medication, more is not always better.

Older adults and their families should routinely request a comprehensive medication review with a geriatrician - a doctor specially trained to understand the healthcare needs of senior citizens. A geriatrician can assess whether every medicine remains necessary, whether certain drugs are interacting with one another and whether any prescription could be causing more harm than benefit.

This careful process is known as deprescribing. It does not mean abruptly stopping medicines. Instead, unnecessary, duplicate or potentially harmful drugs are identified and gradually reduced or discontinued under medical supervision.

A thoughtful medication review can do more than reduce the number of tablets in a pillbox. It can help protect an older person's mobility, preserve memory, prevent avoidable falls and restore the confidence to live each day with greater independence.

Sometimes, the path to better health does not begin with adding another medicine. It begins by carefully asking whether every pill is still needed.

Dr S Manicka Saravanan, Consultant - Geriatric Medicine, Apollo Hospitals, Greaves Road,
For Appointments, Call 044 4040 1066 |
Email: infochennai@apollohospitals.com



stood as a youth-led crusade for caring, sharing, and saving the earth.

Olympic skateboarder performs precise stunt during solar eclipse! Video goes viral

A total solar eclipse was visible in Spain August 12 after about 121 years, with millions of people

gathering in various parts of the country to witness this rare astronomical event.

Those few minutes when the moon completely covered the sun in the sky were an unforgettable experience for viewers. In this situation, Spanish Olympic skateboarder Danny Leon combined the solar eclipse with his athletic skills to make this rare event even more interesting. Olympic skateboarder's feat

Leon took advantage of the crucial moment when the moon moved in front of the sun, darkening the sky during the day, to perform a stunning sky-jump on a skateboard.

With a total solar eclipse taking place in the background of the jump, the sight of him appearing as a shadowy figure against the dark sky was awe-inspiring to viewers.

This daring moment, which took place in a single moment, quickly went viral on social media. Danny Lyon, who shared his feat, described it as the "best move of his life." The video has now gone viral on the internet and is racking up likes.



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Metro rail service has not started on the Poonamallee - Vadapalani route even after 5 months of receiving safety clearance

In the second phase of the Metro Rail Project, the first train service between Poonamallee and Vadapalani has not started even after 5 months since the security clearance was granted. The public has been demanding that the Metro Rail be operated on this route. The first phase of the Chennai Metro Rail extension project has been completed, and the metro trains are operating on two routes: Airport - to Vimkonagar and Parangimalai - to Chennai Central.

These trains carry 3 lakh people daily. Meanwhile, the second phase of the Metro Rail Project is being implemented at a cost of Rs. 63,246 crores on 116.1 km. on 3 lines. Out of these, the 4th line from Kalankarai Villugam to Poonthamally Bypass is one.

In this section, the tunnel section from Kalankarai

Villugam to Kodambakkam flyover will be constructed and the elevated section from Kodambakkam Power House to Poonthamallee Bypass will be constructed. There will be 9 underground metro stations and 18 elevated metro stations. Currently, tunnel and elevated works are in progress at various locations.

Meanwhile, as part of the 4th track, the 14.6 km long metro rail track from Poonthamallee to Vadapalani was laid last February.

After several rounds of inspections by the Metro Rail Safety Commissioner, permission was granted to operate the metro rail on this track at the end of last February. After this, the metro rail service was expected to start in March. However, due to the model code of conduct for the Legislative Assembly elections, it was delayed. Even

after the elections were over and the TVK government came to power, the metro rail service has not started even after 5 months.

Meanwhile, Tamil Nadu Chief Minister Vijay, who is also the leader of the Tamil Nadu government, had inspected the metro train two weeks ago. Following this, it was announced during the Tamil Nadu budget meeting that the metro train service would be made available to the public very soon.

However, there has been no announcement regarding the commencement of the metro rail service

Tirumala Srivari Temple - Pushpayagam Announcement

This year's annual Pushpayagam will be conducted on 16-11-2026 at Tirumala Sri Venkateswara Swamy Temple.

Ticket can be booked on 21.08.2026 from 10:00 AM by TTD's Arjitha Seva Online Booking.

On the day of Pushpayagam, the deity will be decorated with various types of flowers and special poojas will be performed. Only those who have purchased tickets to watch this service will be allowed. Log in to the TTD website / app at 10 am on 21.08.2026 and book immediately. It will be full in 2 minutes.

Job placement camp in Ashok Nagar

The Chennai District Employment and Career Guidance Centers are jointly organizing a private sector employment camp on the 22nd.

The camp will be held at the Government Girls' Higher Secondary School in Ashok Nagar, from 8:00 AM to 3:00 PM. Anyone studying from eighth grade to graduation can participate.

The camp is set to recruit more than 1,000 vacancies. Candidates should register directly at the District Employment and Career Guidance Centre in Guindy or through the form <https://forms.gle/W4Kvwo9LeMZg4sKS7>. This information was given by Chennai Collector Malathi Helen.

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